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**“THE CATHAR COUNTRY SEEN FROM ABOVE ”
3 DAYS / 2 NIGHTS**

Ideal for a motivation or reward trip. The activities offered will strengthen the team spirit of your staff .

DAY 1: ARRIVAL AT CARCASSONNE/FLIGHT OVER CATHAR CASTLES

Arrival at Carcassonne.

Gourmet lunch in a superb “**Relais et Châteaux**” hotel equipped with a golf course, lying among the old vineyards of the estate. After lunch, your coach will take you to the airfield of Lézignan-Corbières where an exceptional experience awaits you. **Flying over the Cathar castles**, you will see the most beautiful panoramic view. The roads appear ever more winding and the Cathar Castles seem to rise up from the rock itself. The Corbières holds both medieval as wine-growing marvels. You will stop on the Corbières route in a well-known vineyard, which has won awards on several occasions, and here you will have the opportunity to taste its typical **Corbières** vintage. The oenologist will initiate you to **wine-tasting** and will help you in *understanding* the treasures of our region. You will go through the village of **Lagrasse**, *one of the most beautiful villages of France*, with its paved streets winding around the Benedictine abbey of Ste Marie d' Orbieu, currently inhabited by the Canons. Lagrasse is home to many craftsmen (potters, watercolorists, leather workers, etc.)



***Corbières:** From the gates of Carcassonne to the ancient island of Leucatel, Corbières is a vast rectangular area with traces of a turbulent geological history. The "terroirs" (soils) are particularly suited to red wine. The Carignan grape variety used is 50%. More and more often the wine is aged in oak barrels .This demonstrates the high quality approach used by the wine growers of Corbières for a century. The red wines are rich, spicy, balanced and fruity. Although in competition today with the Couteaux du Languedoc and Saint Chinian, the wines of Corbières continue to offer good bargains.*

Back in Carcassonne you can enjoy a **gourmet dinner** in the heart of the Medieval City. You will spend the night in a beautiful hotel inside the old City.

DAY 2: PEYREPERTUSE/CUCUGNAN/QUERIBUS: PARAGLIDING

After breakfast, you leave for the Cathar castle of Peyreperouse. Guided tour of the Peyreperouse castle (12th - 14th century): the “vertiginous citadel.” These immense ruins crowning the summit of a cliff 797 meters high contain remarkable examples of military architecture of the Middle Ages. You will have the opportunity to view

this natural display with a **Paragliding** session, where you jump in pairs. An experience full of thrilling sensations...

Lunch with regional specialities

Sample menu:

Sow-Meat Ham
or Assortment of Catalan charcuterie

Beef Stew with Corbières Wine

Or Catalan Meatballs

Or Duck with Olives

Omelette with Apples Flambéed in Aged Marc de Pays

Or Catalan Cream

Red wine (Cucugnan) and coffee

You continue with a guided tour of the Castle of **Quéribus** (13th/14th century), last bastion of resistance during the Crusade against the Albigensians.

Visit to the Village of **Cucugnan**, well known for the story of its priest, immortalised by Alphonse Daudet. The tour carries on with the Achilles Mir theatre: "The priest of Cucugnan's sermon" (virtual theatre show).

Oenological and gourmet evening.

Dinner will be provided at a restaurant whose chef received the silver medal "Bocuse d'argent 2003". During the meal, your private oenologist will initiate you into tasting the best wines of our region and will teach you to recognise their characteristics. You will discover the delicate marriage of food and wine.

Accommodation for the night.

DAY 3: THE MEDIEVAL CITY/DEPARTURE

After breakfast, a private guided **tour of the Medieval City of Carcassonne**. You will discover its 52 towers, its 3 kms of walls, and the St Nazaire basilica. This fortified Medieval City acquired ramparts in the 4th century and the castle of the Viscounts of Trencavel in the 12th century. It was saved from destruction in the 19th century and restored by Viollet Le Duc. It was listed as a World Heritage site by UNESCO in 1997. Its 52 towers and 3 kilometers of ramparts bear witness to its dominant role in the history of Languedoc.

Wine tasting in a cellar of the City

Gourmet lunch in the City

Departure

PRICE PER PERSON:

Base for 30 participants

3-star HOTEL

4-star HOTEL

Us to consult

Us to consult

PRICES INCLUDE:

- Accommodation in **3-star or 4-star** in the city (based on double room)
- Transport according to program by Tourist coach
- Meals from lunch on day 1 to lunch on day 3
- Services of a professional oenologist.
- Visits of estates mentioned in the program, with wine tasting
- Visits to the sites mentioned in the program
- Flight over Cathar castles by plane
- Paragliding at Peyrepertuse

THE PRICES DO NOT INCLUDE:

- The journey to Carcassonne
- Supplement for individual room and tourist tax
- Drinks during meals except dinner on day 2
- Any service not mentioned in the program.
- Personal expenses and extras (tips, etc.)